

COBRA

If you do not qualify for insurance through a spouse/partner's employer or through Medicaid, you may qualify for a reduction of 65% of the cost of COBRA for up to nine months through a new government program. This program may also be available if you previously did not elect COBRA. Visit the website at www.dol.gov/ebsa/COBRA.html, or call (toll-free) 1-866-444-3272.

Free or Low-Cost Health Care in Oakland County

A list of Free Clinics in Oakland County can be found at www.fcomi.org/locator/County%20sites/oakland.htm.

Utility Help

The 2009 Michigan Energy Assistance Directory, developed by the Coalition to Keep Michigan Warm, provides information on private and public programs that offer energy assistance, as well as a county-by-county listing of utilities, programs and resources available. Visit the website at www.dleg.state.mi.us/mpsc/winterwise/energy_assistance.htm.

Food Bank Locations

Food banks in communities can be found by zip code at www.pantrynet.org/ZipCalc.asp.

Help Is Out There

State and Local Job Programs for Job Seekers



For your information from

State Senator • District 14
Gilda Z. Jacobs

Lansing Office:

P.O. Box 30036 • Lansing, MI 48909-7536

Toll-Free: 888-937-4453 • Phone: 517-373-7888

E-Mail: SenGJacobs@senate.michigan.gov

Website: www.senate.mi.gov/jacobs

The recent Chrysler and General Motors bankruptcies mean that more workers will be looking for jobs. There is a lot of help available for job seekers. I hope you will find this information helpful in accessing these programs.

Career Education and Workforce Programs (DELEG)

For job programs for veterans, people transitioning from welfare to work, specialized job placement programs, and dislocated/laid-off worker assistance, visit the website at www.michigan.gov/mdcd/0,1607,7-122-1679---,00.html.

No Worker Left Behind: Oakland County Michigan Works!

Office: **1-248-858-5520**. This program can help with college and training costs for people changing careers.

AFL-CIO Human Resources Development Inc., Peer-to-Peer Program

Call Cheryl Sandford at Michigan Works!, Highland Park office **1-313-826-0299, ext. 314**, or John Kreucher at AFL-CIO, **1-517-487-5966, ext. 21**. This program trains workers in companies that are downsizing to be job search and assistance contacts for their peers.

Michigan Economic Development Corporation (MEDC)

The Michigan Small Business and Technology Development Center (MI-SBTDC), 2727 Second Ave., Suite 120, Detroit, **1-313-967-9295**. This office provides counseling, training, research and advocacy for new ventures, new start-up businesses, and existing small businesses.

Ferndale Career Center

Located at 713 East Nine Mile Road or can be reached by phone at **1-248-545-0222**. The center offers job resources and training opportunities to young people and adults.

Unemployment Insurance Agency

To file your claim by phone, call **1-866-500-0017**. To inquire about your claim, call **1-866-500-0017, press 3**. To find answers to general questions about unemployment benefits, and to print forms, visit **www.michigan.gov/uia**.

Oakland County Department of Human Services: DHS Office, Baldwin Road District

Located at 1685 Baldwin Road, Pontiac, MI or by phone at **1-248-975-5400**. DHS can help with many needs including medical assistance, utility assistance, and food assistance.

Oakland/Livingston Human Services Agency

Located at 345 East Nine Mile Road, Ferndale, or by phone at **1-248-542-5860**. This agency helps with everyday needs and job referrals.

Michigan Talent Bank

This site lists new job openings monthly and allows people to post their resume. Visit the website at **www.michworks.org/mtb/user/MTB_EMPL.EntryMainPage** or by phone at **1-888-253-6855**.

The United Way of Southeastern Michigan

The United Way runs the **211 Help Line** which connects people with helpful services just as 911 connects people with emergency services. Simply **dial 2-1-1** and use the United Way as their link to local and state programs. 211 can make referrals to agencies that can help with job training, rent, mortgage payments, and the cost of food or prescriptions. 211 is a lifeline for people in difficult situations trying to navigate their way through local and state programs.

Focus: Hope

Focus: Hope offers job training and education programs through their centers of opportunity. The organization also offers food assistance to families in need. Visit the website at **www.focushope.edu/default.htm** or by phone at **1-313-494-5500**.